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GAY-OK

CNN'S ANDERSON COOPER SAYS HE DOESN'T WANT ANYONE TO THINK HE WAS ASHAMED OF BEING GAY PAGE 9

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RED, WHITE AND YOU!

Winnipeg's second annual living flag drew thousands of Winnipeggers on Canada Day, but it's unknown if it was the biggest living flag in Canada. Langley, B.C., threw down the gauntlet and swore their flag would be bigger than Winnipeg's in a challenge last week. While the crowd was estimated to be in the thousands, an official count won't be available for a day or two. METRO/DOWNTOWN BIZ/RON GILFILLAN

Leadership race begins

Manitoba Liberal Party. First candidate enters bid to head beleaguered group

A man who left Manitoba after his son was killed in the great flood of 1997 has returned and is aiming to become the next leader of the provincial Liberals.

Robert Young, a business consultant, counsellor and Christian fiction writer, is the first candidate in the race to replace Jon Gerrard as head of the beleaguered party.

"Doing this is a sacrifice. I've lost enough already. I don't want to say, 'What have I got to lose?' but that's the kind of attitude you have to take," Young said.

Young, 52, was born in Winnipeg and had Liberal leanings from a young age. In the late 1980s and early 1990s, he worked as an executive assistant to two Winnipeg city councillors with Liberal ties, and served as a liaison between civic and provincial Liberals.

He also served on the mayor's task force on youth and gang violence.

In 1997, during the so-called flood of the century, tragedy struck. His 14-year-old son, Adam, was swept into a culvert that was connected to city sewers and drowned.

"I learned that your life can change with a phone call, drastically. But even though that situation happened, I'm still here. I've got a responsibility."

Young realizes that the Manitoba Liberal party is a shadow of the one that existed in the late 1980s when it was the official Opposition under Sharon Carstairs and had 20 of 57 legislature seats.

The Liberals have just one seat now. THE CANADIAN PRESS

Donation spurs name change

Assiniboine Park's Duck Pond will now carry the name of the Riley family PAGE 3

Aid workers safe and sound

A Toronto man was one of four people kidnapped at gunpoint in Kenya PAGE 4

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Bear spray used

Canada Day robbers caught

Three young men have been arrested after bear spray was used to rob three teens celebrating Canada Day on Sunday.

Police were called to The Forks Market around 7:30 p.m. after three teens were approached by three male suspects, aged 15 to 19, who demanded personal property and threatened to spray them with the irritant. The suspects fled with the teen's belongings.

Police caught up with the suspects near the Osborne Street Bridge and arrested them.

All suspects have been detained in custody and are facing robbery and other charges. SHANE GIBSON/METRO

Suspicious?

Police investigate garage fires

Garage fires kept crews busy on Canada Day and over the weekend.

A garage fire broke out early July 1 at 414 McAdam Ave. around 3:10 a.m. There were no reports of injuries, but the garage and the vehicle inside were a total loss.

A second garage at 872 Polson Ave. went up in flames on July 2 around the same time. There were no injuries in that blaze, either.

There was no immediate word on damage estimates. Police are investigating. METRO

A garage burned on McAdam Avenue. HOWARD WONG/METRO

Members of the Riley family and their supporters show off the new plaque at the Riley Family Duck Pond. DAVE BAXTER/METRO

Duck pond renamed after major donation

Assiniboine. Riley family contributes $1.5 million to Imagine a Place Campaign

DAVE BAXTER
winnipeg@metronews.ca

Winnipeg's Riley family has donated $1.5 million to the Assiniboine Park Conservatory Imagine a Place Campaign, specifically for enhancements to the park's duck pond which will now be called the Riley Family Duck Pond.

Members of the Riley family and Mayor Sam Katz announced the funding at the duck pond on Friday, and Katz said the funding is another step towards making Assiniboine Park a world-class facility.

"The duck pond has (doubled in size), families and children can now walk right up to the water and even get your feet wet, and in the winter time it is a phenomenal place to come and do some skating," said Katz. "To the Riley family who has made some important contributions to make this a world-class park — there is no doubt that we are on our way and we owe you all a debt of gratitude for believing in the community and giving back to the community."

Margaret Redmond, the president of Assiniboine Park, said it was important to restore the duck pond, which has been an important part of the park for decades.

"The duck pond has been an icon in Winnipeg for generations, and our goal was to bring it back to its former days of glory and make it a central gathering place for park visitors."

Million Dollar Challenge

Fundraiser better than expected

The Assiniboine Park Conservancy (APC) is going to have to change the name of its 30-Day Million Dollar Challenge after the fundraiser brought in more than twice what its name suggested it would.

"It doesn't happen often, but I'm absolutely speechless," APC President & CEO Margaret Redmond, said in a release.

"We're a fairly new organization, so this was really the first time we had gone to our community to ask for their support, and this kind of result shows how much Assiniboine Park means to the people of this province."

Launched June 1, the challenge aimed to bring in $1 million as part of the APC's Imagine a Place fundraising campaign.

By July 1, organizers reported $2.1 million had been raised in June with the help of three anonymous donors who doubled what Manitobans had brought in.

The money will go towards the APC's goal of raising $200 million for a redevelopment plan to revitalize the park and zoo. So far, $113 million has been raised.

SHANE GIBSON/METRO

1 NEWS

Cast your vote

Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but to thrive: a "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Mobile news

Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

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Kidnapped aid workers brought to safety after dangerous rescue

Deadly attack. Somali militia group rescues foreigners, including two Canadians, after Friday's kidnapping

From left, released aid workers Qurat-Ul-Ain Sadazai of Gatineau, Que., 40, Glenn Costes of the Philippines, 40, Steven Dennis of Toronto, above-centre, 37, and Astrid Sehl of Norway, 33, arrive by Kenyan military helicopter at Wilson airport in Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

Two Canadians among the four aid workers kidnapped during a deadly attack in Kenya last Friday were seasoned veterans of the business of helping the world's poorest people and knew the risks they faced, says one of their organization's directors.

The aid workers were rescued Monday from inside Somalia in a daring mission that saw one of their captors killed.

"The places where the refugees are in need of humanitarian aid is very often high-risk areas," said Rolf Vestvick, director of advocacy and information for the Oslo-based Norwegian Refugee Council.

In fact, Qurat-Ul-Ain Sadazai of Gatineau, Que., has spent years in some of the world's most troubled regions.

The 38-year-old Pakistani-born woman had just returned to Kenya in February to take on the role of deputy director of the NRC's operations in Somalia and Kenya. She had worked there from 2007 until 2010, leaving for a couple of years to head up the agency's operations in Peshawar, Pakistan.

Steven Dennis, 37, was relatively new to NRC, having worked for the agency in Kenya for the past year. But the Toronto native, too, had a lengthy background in humanitarian work with other agencies, including Doctors Without Borders.

Sadazai and Dennis, along with Astrid Sehl, 33, of Norway, and Glenn Costes, a Filipino and oldest among the group at 40, were kidnapped at gunpoint from Kenya's sprawling Dadaab refugee camp.

All four arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are happy. We are back. We are alive and we are happy this has ended," Sadazai said after the group landed in Nairobi.

They were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday. Two other local NRC employees were injured.

THE CANADIAN PRESS

Rescue mission

Abdinasir Serar, a representative with the Ras Kamboni militia in Somalia, said his group heard of Friday's kidnapping in the Dadaab refugee camp and pursued the kidnappers.

- Ras Kamboni fighters caught up with the kidnappers Monday morning about 60 kilometres inside Somalia.
- Ras Kamboni's leader, Ahmed Madobe, said his men killed one of the kidnappers, but that the other three escaped.

Eureka! Physicists to announce evidence that helps explain universe

Scientists believe the "God particle" that might explain the underpinnings of the universe is real, and they are about to present their evidence to the world.

Physicists at the world's biggest atom smasher plan to announce Wednesday that they have nearly confirmed the primary plank of a theory that could shape the scientific understanding of all matter.

The idea is much like gravity and Isaac Newton's discovery: It was there all the time before Newton explained it. But now scientists know what it is and can put that knowledge to further use.

The focus of the excitement is the Higgs boson, a subatomic particle that, if confirmed, could help explain why matter has mass, which combines with gravity to give an object weight.

Researchers at the European Organization for Nuclear Research, or CERN, say they have compiled vast amounts of data that show the footprint and shadow of the particle — all but proving it exists, even though it has never actually been glimpsed.

The phrase "God particle," coined by physicist Leon Lederman, is used by laymen, not physicists, more as an explanation for how the subatomic universe works than how it all started. THE ASSOCIATED PRESS

What's a Higgs boson?

Though an impenetrable concept to many, the Higgs boson has until now been just that — a concept intended to explain a riddle: How were subatomic particles, such as electrons, protons and neutrons, themselves formed?

- The answer came in a theory first proposed by Scottish physicist Peter Higgs and others in the 1960s. It envisioned an energy field where particles interact with a key particle, the Higgs boson.
- The idea is that other particles attract Higgs bosons and the more they attract, the bigger their mass will be.

Aftermath. Millions still without power in U.S. after mid-Atlantic storm

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another grim challenge when many embarked on a difficult commute over roads with darkened stoplights.

Federal agencies stayed open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers wide leeway for staying out of the office.

As of late Sunday, nearly 2.7 million people remained without power in several states from Virginia to New Jersey and as far west as Ohio. That left many to contend with stifling homes and spoiled food as temperatures approached or exceeded 100 degrees, and utility officials said the power will likely be out for several more days.

Since Friday, severe weather has been blamed for at least 17 deaths, most from trees falling on homes and cars. THE ASSOCIATED PRESS

Giovanny Alvarez, a U.S. postal worker, delivers mail on Monday to a home damaged by a powerful storm in Washington, D.C. Severe weather hit the area on Friday, uprooting trees like the one seen here. EVAN VUCCI/THE ASSOCIATED PRESS

Magnotta link?

Police investigate remains found in Montreal park

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source tells The Associated Press the remains appear to be a human head. Magnotta is accused of the murder and dismemberment of Concordia University student Jun Lin. His head has still not been found.

THE CANADIAN PRESS

Flesh-eating disease

U.S. woman in rehab after losing leg, foot, hands

A U.S. woman diagnosed with a rare, flesh-eating disease left the hospital Monday after nearly two months. Aimee Copeland headed to an inpatient rehabilitation clinic, where she'll learn to move with the aid of a wheelchair after having her left leg, right foot and both hands amputated. THE ASSOCIATED PRESS

Deadly monsoons

Floods leave 81 dead, 11 missing in northern India

The worst monsoon floods in a decade to hit a remote Indian state have killed more than 80 people and forced around 2 million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state. The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

THE ASSOCIATED PRESS

Meandering marsupial

Kangaroo on loose hops down U.S. highway

Startled drivers weren't seeing things — it really was a kangaroo hopping down the highway in Washington. The kangaroo nearly caused a couple of accidents Saturday while its owner tracked it down and caught it with help from friends. THE ASSOCIATED PRESS

‘Robin Hood’ tax scheme continues to gather support

Taking from the rich. Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay’s Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what’s being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

“We’re calling for taxing banks and financial institutions that have caused the economic crisis,” Idelson said.

“This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone.”

The Canadian Federation of Nurses Union’s campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses’ union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn’t favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations. **TORSTAR NEWS SERVICE**

Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin’s work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.
- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

Exxon Valdez’s final journey

The ship formerly known as the Exxon Valdez, pictured above, anchored off India’s western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India’s Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska’s Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated. THE ASSOCIATED PRESS

Market Minute

DOLLAR (Markets closed)

Natural gas: $2,81 US (-1.7¢ US)
Dow Jones: 12,871.39 (-8.7)

TSX (Markets closed)

OIL $83.75 US (-$1.21 US)

GOLD $1,597.70 (-$6.50)

Luxury at sea

QE 2’s new role

Dubai has settled on a use for the storied Queen Elizabeth 2 cruise liner it bought for $100 million, with plans to make it into a floating 300-room hotel at the city’s Port Rashid. **THE ASSOCIATED PRESS**

Mining. Lithium surge challenging green rules

Canada’s environmental regulations have lagged behind the global rush to develop deposits of lithium, a rare metal found in the rechargeable batteries that power millions of iPads, smartphones and laptops, says a new report commissioned by Environment Canada.

The recent surge in lithium exploration, driven by a consumer electronics explosion and limited world supplies, includes several companies developing Canadian sites.

But Canada has little historical experience of lithium extraction, and existing environmental regulations are not well tailored to the burgeoning industry. **THE CANADIAN PRESS**

Nanophospate lithium batteries
THE CANADIAN PRESS

Taco Bell. Hoax prompts free tacos in Alaska town

Residents of Bethel, Alaska, were ecstatic when they first heard a Taco Bell restaurant was opening in their small town.

The joy, however, turned into disappointment. The flyers announcing the chain’s arrival was a hoax — the result, police say, of a feud between two residents.

But all was not lost — Taco Bell executives learned of the mixup and arranged an enormous feast for Sunday. They planned to fly enough ingredients in from Anchorage to make 10,000 tacos.

“It’ll be a big event for our community,” Mayor Joe Klejka said.

Taco Bell will offer its fare for free. There will be 950 pounds of seasoned beef, 300 pounds of lettuce, 150 pounds of cheddar cheese, 500 pounds of sour cream and 300 pounds of tomatoes.

The chain is accustomed to feeding large groups of people in far-flung places, including U.S. troops in Afghanistan and Iraq. **THE ASSOCIATED PRESS**

China. Apple pays $60M to settle iPad dispute

Apple has paid $60 million US to settle a dispute in China over ownership of the iPad name, a court announced Monday, removing a potential obstacle to sales of the popular tablet computer in the key Chinese market.

Apple’s dispute with Shenzhen Proview Technology highlighted the possible pitfalls for global companies in China’s infant trademark system. It also posed a challenge for the communist government, which wants to attract tech investors to develop China’s economy.

Rights resolution

“This is a result that is acceptable to both sides.”

Xie Xianghui, a lawyer for Shenzhen Proview, on the settlement of a dispute between the company and tech giant Apple

Apple says it bought the global rights to the iPad name from Proview in 2009, but Chinese authorities said the rights in China were never transferred. **THE ASSOCIATED PRESS**

Agency directs airlines to offer more options for disrupted flights

Passengers wait in line at Toronto’s Pearson Airport. Travellers will soon have more options if their flight is delayed. RENE JOHNSTON/TORSTAR NEWS SERVICE

Passengers on Canada’s major airlines will soon have more options when their flights are overbooked, delayed or cancelled.

The decision by the Canadian Transportation Agency affects Air Canada, WestJet and Air Transat.

It says passengers should be allowed to opt for a full refund and a free trip home if a cancellation or overbooking throws a wrench into their travel plans.

Until now, airlines have had discretion over whether to grant a refund or rebook passengers.

The agency also says that in certain cases carriers must rebook passengers on the first available flight — even if that flight is with a competing airline.

The rulings are in response to complaints filed by Gábor Lukács, a Halifax resident, who has taken on the airline industry several times.

In a news release Thursday, the agency noted that in the past, when refunds were warranted, passengers were only reimbursed for the unused portion of their tickets.

The ruling makes it clear that passengers will be able to choose whether they are rebooked or get a full refund.

If they no longer want to follow through with their travel plans because of a delay or cancellation, they are entitled to be flown home free of charge — within a “reasonable time frame” — and receive a full refund on their ticket.

The new regulations do not apply to disruptions caused by bad weather or security issues.

Lukács, 29, who used to teach at the University of Manitoba, has developed a reputation as a crusader for the rights of airline passengers. **THE CANADIAN PRESS**

Policy changes

The agency noted that WestJet and Air Transat have made changes to their policies that meet most of the updated passenger rights.

- It is directing Air Canada to change its rules on overbooking, cancelling and delaying flights. Air Canada has until Aug. 12 to comply.
- The three airlines have 30 days to appeal the new rules.

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U.S.A. VERSUS THE LAND OF 'EH'

SHE SAYS...
Jessica Napier
metronews.ca/shesays

As a dual citizen of both Canada and America, the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "U.S.A. No. 1" as they spoon-feed themselves ranch dressing. But when they do think about us Canadians, they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

And yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle and our coins sound like badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesars > Bloody Marys.

9 We have the most patriotic customer loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: A heavenly medley of cheese curds, gravy, fries. O Canada indeed.

Dressed in their 'Nunday' best

BRENDAN LANDY/LANDYPHOTO.COM

World record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly took a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness world record for most 'nuns' in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. MWN

Numbers in B&W

1,456

The number of people dressed up as nuns that gathered in a Gaelic football field in Listowel on Saturday. They smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

'Nun' the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.
- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."

Spirits, and legs, rise as 'nuns' gather to set a world record.

BRENDAN LANDY/LANDYPHOTO.COM

Grade 3 and Grade 12 students team up as birdhouse project brings out their best

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Birds of a feather can finally flock together in Carmen.

Specifically in birdhouses built by a group of students (at near opposite ends of the grade spectrum) from Carmen Collegiate and Carmen Elementary School.

The collaborative project involving students from grades 3 and 12 was part of an outdoor classroom exercise.

Trevor Lang, who teaches woodwork at the high school oversaw the project, along with Grade 3 teacher, Linda Sylvester.

"I loved it! The kids' questions, the enthusiasm, the curiosity, and seeing those students and my Grade 12's totally engaged in the activity, being the 'big person' to a group of kids, was a great moment for myself as a teacher. This is what it's all about," said Lang.

Future plans include raising planting beds for an outdoor classroom so students can learn about nature and sustainability together.

For now, the bird houses line Carmen's "Pathway to Active Living."

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

STEVE GOW

Famous Players Kildonan Place
Tue-Thu 1-4:05-7:10-10:20

Grant Park 8 Cinemas
Tue-Thu 12:35 3D (14A) Tue-Thu 3:50-6:50-9:50

Landmark Towne Cinema 8
Tue-Thu 4-7-10 3D (14A) Tue-Thu 3:45-6:45-9:40

SilverCity Polo Park
Tue-Wed 12:30-3:40-6:50-10 Thu 12:15-3:25-6:35-9:45 3D (14A)
Tue-Wed 1-4:10-7:20-10:30 Thu 12:45-3:55-7:05-10:15
An IMAX 3D Experience (14A)
Tue 1:30-4:40-7:50-11 Wed-Thu 1:15-4:25-7:35-10:45

SilverCity St. Vital
Tue-Thu 12:15-3:25-6:35-9:45 3D (14A) Tue-Thu 12:45-1:15-3:55-4:25-7:05-7:35-10:15-10:45

2 SCENE

Box office

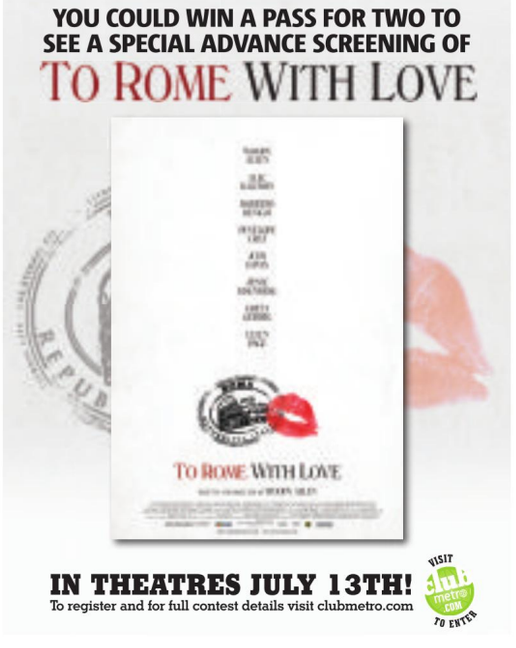
A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with $54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with $39.2 million. The two new movies were backed by a deep bench, with Pixar Animation's Disney fairy tale Brave holding up well at No. 3 with $34 million in its second weekend. Tyler Perry's Madea's Witness Protection, the latest from the dependable breadwinner for Lionsgate Films, opened solidly at No. 4 with $26.4 million. The four movies combined to keep Hollywood in the money compared to the same weekend last year, when Transformers: Dark of the Moon launched with $97.9 million. It was an equally big weekend overseas, where two huge franchises got a head-start on their U.S. openings. The 20th Century Fox animated sequel Ice Age: Continental Drift opened with $78 million in 34 international markets, while Sony's The Amazing Spider-Man debuted with $50.2 million in 13 markets.

THE ASSOCIATED PRESS

On the web

Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each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IN THEATRES JULY 13TH!
To register and for full contest details visit clubmetro.com
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So long to Scientology for Suri?

MONICA WEYMOUTH
scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

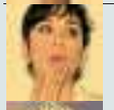
Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.

Kunis picks web winners for gal pals

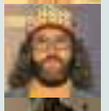
You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's canoodling with Ashton Kutcher). "I go on and I pick the guys for my friends," the star of Ted tells Glamour magazine, via Yahoo!'s omg blog. "It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy. I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says. "I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends. If I didn't do what I do, I would do Internet dating instead of going out to bars."

Twitter

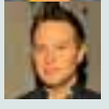
@nickcannon
My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCREDIBLE



@SarahKSilverman
My niece was born w congenital jazz hands. (Fosse diseases)



@JudahWorldChamp
72 ounce steaks with mash potatoes and chili is my favorite snack food.



@markhoppus
Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.

"IT'S THE BEST SPIDER-MAN YET.
A BRILLIANT REIMAGINING
OF AN EPIC FRANCHISE.
I CAN'T WAIT TO SEE IT AGAIN."
MARLOW STERN
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Tom Cruise ALL PHOTOS GETTY IMAGES

33 shades of bizarre: Cruise playing numbers game with nuptials?

The next dame Cruise decides to date might want to double-check her birth certificate.

The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers in May of 1987, but they broke up in 1990… when she was 33.

Then he moved on with Nicole Kidman. They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt. Katie collects 3 million for each year of marriage, up to a maximum of 11 years, equaling $33M (we're back to that 33 numerology again)."

Matthew's thong song: 'It's a huge leap of faith'

The Hollywood Reporter scored some nice, thong-related quotes from the stars of Magic Mike, the male stripper movie that was hot at the U.S. box office this past weekend.

"It's a huge leap of faith to trust a thong," Matthew McConaughey told the publication. "It's your only protection up on stage. When I first tried it on, my body contorted. And I tried to get myself into every position to see what angles I was covering."

"Sometimes a thong completely betrays you," added Channing Tatum, who based the movie on his life. "(But) if everyone is dressed in a thong pretty much any conversation is going to be funny … It's only weird if you make it weird."

Matthew McConaughey

Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA McGUINNESS**

First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3.30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."

Up and Down

UP

APPLES

We've read just about enough of how great apples are for our health. But listen up: researchers from the University of Iowa found that a natural substance in apple peel appears to protect from the downsides of a high-fat diet, including obesity, pre-diabetes and fatty liver disease. The study, initially carried out on mice, is likely to confirm apples as one of the most effective and cheapest superfoods.

DOWN

SALT

Consuming too many salty, savory foods could be the reason why your blood pressure is spinning out of control. New research reported in the American Heart Association journal states that eating a diet high in salt for several years may damage blood vessels and in time, lead to hypertension or high blood pressure.

3 LIFE

Fitness pick

Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatics dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. METRO

On the Web

Addressing mental health issues key when treating obesity, experts say

Delicious flavours of a Cobb Salad all healthily wrapped up

This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN

ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed it into a wrap.

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

Health Solutions

Three small, sneaky super boosters

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

Good for:
- High in antioxidants
- Contains potassium and magnesium (two nutrients often missing from processed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

Good for:
- Excellent fibre (soluble and insoluble)
- High in trace minerals

How to use:
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

Good for:
- High in plant source protein
- Contains good fat GLA needed to make hormones

How to use:
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Asparagus and quinoa team up in light salad

1. In a medium saucepan, bring quinoa and 500 ml (2 cups) water to a boil; reduce heat to low, cover and simmer for 15 minutes until most of the water is absorbed. Remove from heat, cover and let stand for 5 minutes. Place in a serving bowl; let cool.

2. Meanwhile, place asparagus, sweet pepper and onion on a rimmed baking sheet; brush with 15 ml (1 tbsp) of the oil. Place vegetables directly on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly marked, 5 to 10 minutes, transferring back to baking sheet as they are done. Let cool slightly. Cut into bite-size pieces, stir into quinoa along with chickpeas and parsley.

3. In a small bowl, whisk together remaining oil, orange rind and juice, honey, vinegar, mustard, garlic, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature.

THE CANADIAN PRESS/ FOODLAND ONTARIO

This recipe makes six to eight servings. THE CANADIAN PRESS

Ingredients

- 250 ml (1 cup) quinoa, rinsed
- 500 g (1 lb) asparagus, trimmed
- 1 greenhouse sweet pepper, seeded and quartered
- 1 large onion, cut into 1-cm (1/2-inch) thick slices
- 30 ml (2 tbsp) vegetable oil
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 125 ml (1/2 cup) chopped parsley
- 5 ml (1 tsp) grated orange rind
- 50 ml (1/4 cup) orange juice
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) each red wine vinegar and Dijon mustard
- 1 small clove garlic, minced
- 1 ml (1/4 tsp) each salt and pepper

Get outta your dreams, get into your used car

Previously loved wheels. Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the winners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Alison's money rule

"Used cars can be better than new with a big down payment and a little research."

Here are some of the major category winners for the years 2005 to 2010:

-Compact sedan: Hyundai Elantra
-Mid-size sedan: Nissan Altima
-Large sedan: Hyundai Azera
-Wagon: Pontiac Vibe
-Compact SUV\Crossover: Honda CR-V
-Minivan/Van: Honda Odyssey
-Compact Truck: Toyota Tacoma
-Hybrid: Toyota Prius

You can find all the category results with notes about the models at edmunds.com/car-reviews/best-used-cars.html.

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no down payment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

Ready to hit the road? ISTOCK IMAGES

New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

How to know if you really 'click'

Online dating. Is he a keeper? Is she crazy? Learn to read between the lines of a carefully constructed profile

SARA DIMERMAN
life@metronews.ca

I've found the perfect match. If Plenty Of Fish were to search its databank to find the perfect partner, it you would no doubt find true love with Facebook.

To illustrate why, I'll paint a picture of an online dater — in this case scenario, a 20-something female in front of her computer screen conducting a search on one or more of her favourite Internet dating sites. She's searching by where he lives and his age. At least 50 profiles appear but she doesn't even bother reading them until she spots a look that appeals to her.

Then she reads his profile and if she's still interested, sends him a message. He writes back and after several days of back and forth messages, she moves in a little closer. At this point, she likely asks if he wants to Skype or if he has Facebook. Facebook, it turns out, is her screening tool. There's so much to learn from reading a potential lovers wall. If she's looking for a mature gentleman, she is totally turned off if he swears gratuitously or uses his wall to share half naked pictures of himself and his friends in a drunken stupor. On Facebook, she's able to read between the lines instead of just knowing him through polite online conversation.

So, here are some tips for anyone looking to meet a mate online:

Post a picture

Even though it may seem shallow to only respond to people who have posted pictures of themselves, it appears suspicious if you don't. People might wonder what you're trying to hide. Besides, when you're trying to meet someone through the Internet, visuals are key. Since beauty truly is in the eye of the beholder, there's opportunity for everyone to meet someone.

Don't drag your feet

If you're serious about meeting someone online, expect to move fairly quickly from that first stroke on the keyboard to meeting in person. If you're still in the chatting online phase after weeks of first connecting, it's likely that the person you're talking to may lose interest and move on.

Be prepared to share more than your name

Even before meeting, be prepared to move beyond chatting on your screen to chatting via Skype, for example, so that each of you can hear the others voice or see each other live. Also be prepared to share other information such as your Facebook page or other profiles.

Be courteous

If you decide, after knowing more about someone, that you'd prefer not to continue talking, don't just stop. Share that you feel that you're not a great match after all, wish him or her well, and then move on. Same idea for after a first date even.

Have an escape plan

When you do meet, do so in a public place that you're familiar with. If you're a student, meet close to your university or college. If you're working or at home, meet at the coffee shop in your building or close by. That way, you know where to go or turn to if you feel vulnerable. Also, let a friend or family member know who you are meeting and where.

One dater shared that she had a friend contact her a half hour into each first meeting so that she had a way out if she wasn't comfortable or enjoying herself.

No escaping who you really are

One of the great things about social media, Facebook and the Internet is that your date can't hide from who he or she really is. Chances are that if you have a bad reputation or treat people poorly, your potential date will figure that out pretty quickly.

So, even if there are plenty of fish, if you're looking to catch a really good one, you may want to take a fresh look at what others are seeing, and think about whether you're attracting the kind of attention you had hoped for.

Reeling one in: There are plenty of fish in the online dating sea. ISTOCK IMAGES

SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM

Jets land Olli Jokinen

NHL. Prized free agents Parise and Suter in holding pattern while Brodeur stays put in New Jersey

The Winnipeg Jets have signed Olli Jokinen to a two-year deal worth a reported $9 million US.

Winnipeg added the veteran Finnish centre Monday on the second day of NHL free agency.

It's a substantial pay increase for the 33-year-old, who decided to test free agency after parting ways with the Calgary Flames. He made $3 million last season in Calgary, where he had a strong year with 23 goals and 61 points.

Jokinen has played with the L.A. Kings, New York Islanders, Florida Panthers, Phoenix Coyotes and the New York Rangers.

The move represents Winnipeg's biggest signing since free agency opened on Sunday, when they inked forward Alexei Ponikarovsky and defenceman Derek Meech.

Considered the top catch in this summer's free agency pool, Zach Parise needed more than 24 hours to choose which hockey team to make happy.

The Winnipeg Jets signed Olli Jokinen to a two-year deal Monday. CHRISTIAN PETERSEN/GETTY IMAGES FILE

"I'm getting closer but haven't made a decision," Parise told reporters Monday in Mississauga, Ont., according to The Canadian Press. "I haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

Defenceman Ryan Suter is another top talent to hit the market. The 27-year-old, who also has played for only one team, the Nashville Predators, wanted more than a day to pick a place to play as well.

New Jersey did make a splash Monday morning, however, signing Martin Brodeur to a new two-year contract.

After testing free agency for the first time in his career, Brodeur, 40, earned a pact worth $9 million. More than likely, the goaltender will finish his career with the Devils.

Meanwhile, the Montreal Canadiens locked up goaltender Carey Price for the next six years.

Price played 65 games for the Canadiens last season. The two-time all-star posted a 26-28-11 record with a 2.43 goals-against average, a .916 save percentage and four shutouts.

THE ASSOCIATED PRESS/ THE CANADIAN PRESS

Tour de France rolls through Belgium

The peloton rides through the countryside in Vise, Belgium, on Monday during Stage 2 of the 2012 Tour de France. Mark Cavendish led a bunch-sprint finish Monday to win the stage, while Fabian Cancellara retained the yellow jersey after the mostly flat ride. Victoria's Ryder Hesjedal finished 49th in the stage and remained 10th overall, 18 seconds behind Cancellara. DOUG PENSINGER/GETTY IMAGES

4 SPORTS

Rugby

Busy year for Canada in Rugby sevens

A year away from the Rugby World Cup Sevens 2013 in Moscow and Canadian sevens boss Geraint John's datebook is already full. The Canadian men will gather next week in Victoria, ahead of an Aug. 10-12 selection camp in the B.C. capital and the North America/ Caribbean qualifying tournament Aug. 25-26 in Ottawa. The region will send two teams to the 24-country men's half of the world sevens championship, with Canada and the U.S. favoured to go through. Canada and the Americans will also both be full participants in the expanded 10-team IRB World Series starting in the fall as world rugby starts the road to Olympic participation in 2016.

THE CANADIAN PRESS

Mobile news

Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.

Wimbledon. Sharapova overpowered by Lisicki

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

Yaroslava Shvedova gave

Maria Sharapova, above, lost to Sabine Lisicki 6-4, 6-3 on Monday. SANG TAN/THE ASSOCIATED PRESS

13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will next face Kvitova, who came back to beat Francesca Schiavone 4-6, 7-5, 6-1. THE ASSOCIATED PRESS

NHL

Torres ban cut by four games

Seventy-six days after Raffi Torres concussed Marian Hossa and 46 days after he appealed the 25-game suspension that followed, the Phoenix Coyotes forward was awarded a reduced sentence.

NHL commissioner Gary Bettman deemed Torres' hit to be worth four less games than disciplinarian Brendan Shanahan after an appeal.

Torres already served 13 games of the suspension during the playoffs. He still has to sit out the coming pre-season as well as eight regular-season games.

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Olympics. No repeat of 8 gold medals for Phelps

There won't be a Beijing repeat in London. Michael Phelps has dropped one of his eight Olympic races. Phelps' coach, Bob Bowman, announced Monday on the final day of the U.S. swimming trials that Phelps was scratching the 200-metre freestyle, leaving him with seven events at the London Games.

The decision removes the chance of Phelps matching the record eight gold medals he won in Beijing.

"It's so much smarter for me to do that," Phelps told The Associated Press. "We're not trying to recreate what happened in Beijing. It just makes sense."

Bowman said his main concern was Phelps being fresh for the 400 freestyle relay. While the U.S. has traditionally dominated that event, the Australians are favoured for London. THE ASSOCIATED PRESS

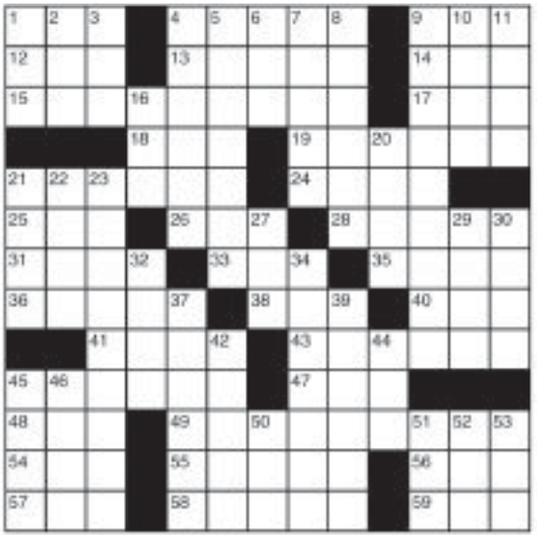
Qualification

5

Phelps qualified in five individual events for London and is expected to swim all three relays. On Bowman's recommendation, he decided to focus on the 200 and 400 individual medley and the 100 and 200 butterfly.

Across
1 Take the prize
4 Conversations
9 Gear tooth
12 Hubbub
13 Embankment
14 Mine matter
15 Obese
17 Hastened
18 Choice (Abbr.)
19 Fastener shot from a gun
21 On top of the world?
24 Ticklish Muppet
25 Bill and —
26 Kvetch
28 Bizarre
31 Throw hard
33 Pitch
35 Red-tag event
36 Washington Nationals, once
38 Jewel
40 Aviv preceder
41 Curved molding
43 Antics
45 Seoul man?
47 Call-day link
48 Lawyers' org.
49 Blood cell
54 Up to
55 Yellow-brown color
56 Plead
57 41-Across' shape
58 "— Line Is It Anyway?"
59 Droop

Down
1 Servicewoman
2 "— not choose to run"
3 Neither partner
4 Tip off
5 Witch
6 St.
7 Nervous
8 Make a compromise
9 Related to big business
10 Verbal
11 Kelly or Hackman
16 Calif. winter hrs.
20 Iowa city
21 Liniment target
22 Sauce thickener
23 Sarges' subordinates
27 Joke
29 Robert of "The Sopranos"
30 Morays
32 Theater box
34 Cookbook collection
37 Dugong
39 Ripen
42 Tennyson's "— Arden"
44 Faux —
45 Shakespeare's shrew
46 Kimono sashes
50 Pi follower
51 Couric's network
52 Meadow
53 Early bird?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9							4
		6	8					
4		2		6	5			3
					4		8	9
		3		2		4		
7	5		3					
3			1	9		7		8
					8	5		
8							6	

Yesterday's Sudoku

6	7	2	4	8	9	5	3	1
1	5	9	7	3	2	8	6	4
8	4	3	1	5	6	7	9	2
2	8	1	5	4	3	6	7	9
7	3	5	9	6	1	4	2	8
4	9	6	2	7	8	3	1	5
3	1	8	6	9	4	2	5	7
9	6	7	8	2	5	1	4	3
5	2	4	3	1	7	9	8	6

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV IKAFXK NHVLYD, DCH XELNP GHJJCGK NEG MFZCYEPK MCCQ SFG F IHYY-EPC.

Yesterday's Cryptoquip: WHEN PEOPLE HAVE TO TRIM DOWN A FEW ENVELOPES, COULD THEY USE A PAIR OF MAIL CLIPPERS?
Today's Cryptoquip Clue: F equals A

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 29° MIN: 18°	MAX: 27° MIN: 18°	MAX: 32° MIN: 18°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

Taurus | April 21 - May 21. The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

Gemini | May 22 - June 20. Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

Cancer | June 21 - July 22. Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

Leo | July 23 - Aug. 22. The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

Virgo | Aug. 23 - Sept. 22. As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

Libra | Sept. 23 - Oct. 22. Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

Scorpio | Oct. 23 - Nov. 21. Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

Sagittarius | Nov. 22 - Dec. 21. Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

Capricorn | Dec. 22 - Jan 20. New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

Aquarius | Jan. 21 - Feb 18. The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

Pisces | Feb. 19 - March 20. Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON

Caption Contest

"Rare ... well done .... and cordon bleu?"
David

THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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